

**Regional Community Support Center
at
The Northern Virginia Training Center**

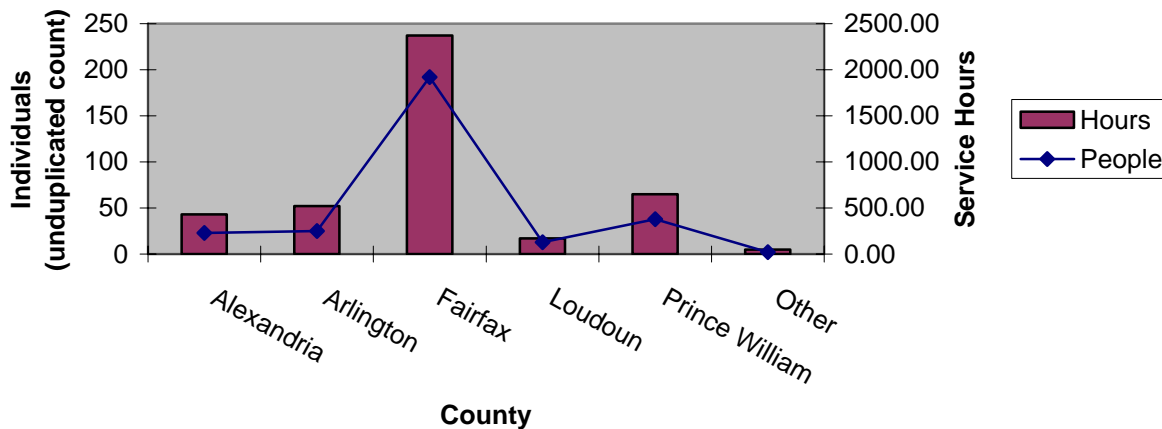
Update on Activities, December 2004

The Regional Community Support Center (RCSC) was established in January 1996. Funding began July 1, 1998 with a \$250,000 special appropriation from State General Funds through House Bill 30. In fiscal year 2001 (FY01), an additional \$100,000 appropriation from State General Funds was approved by the General Assembly to expand the program. The RCSC current budget is \$350,000 to provide medical specialty services and clinical consultation, dental, respite, and education and training.

The services are provided to consumers/individuals of the five (5) Community Services Boards in the Northern Virginia Region, specifically Alexandria, Arlington, Fairfax-Falls Church, Loudoun and Prince William. Services are also provided outside this region when requested.

RCSC services are available to people who would otherwise be under-served or not served due to the inability to access the services as a result of inability to pay, extent of disability, behavioral complications and/or dissatisfaction with services provided elsewhere.

**Hours & People Served
per County FY04**

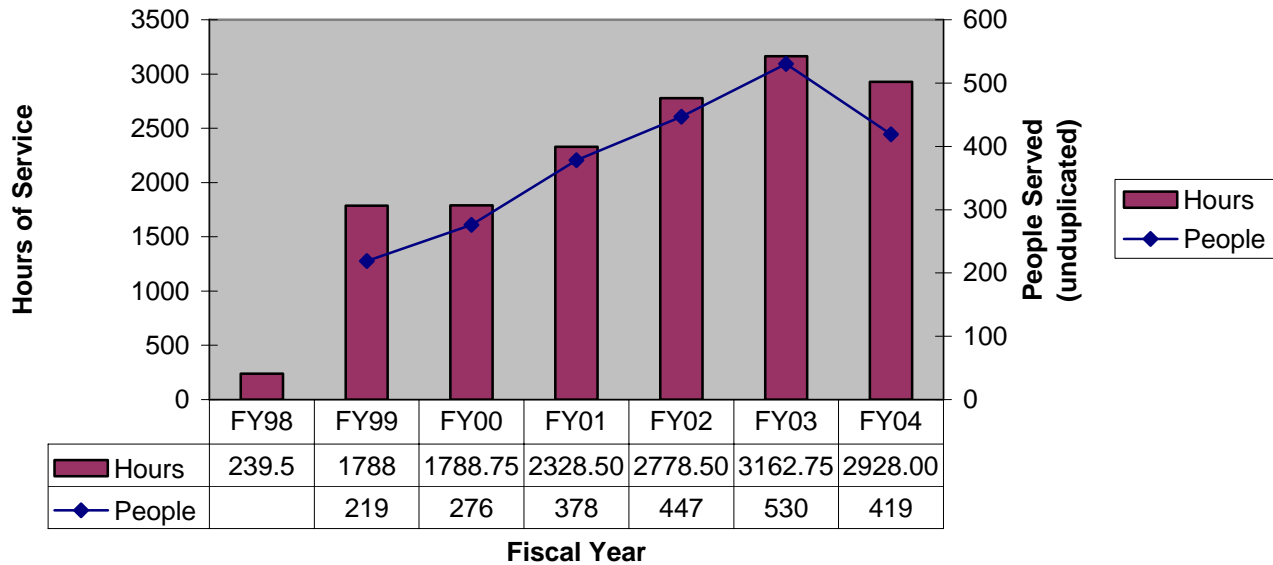


MEDICAL AND CLINICAL SPECIALTY SERVICES

RCSC extends service access to people who require care from professionals with special expertise in the care and treatment of people with mental retardation/developmental disabilities. The medical professionals and clinicians at the Training Center provide this expert service.

Existing data supports that one thousand eight hundred and fifty people (1,850) have received twelve thousand eighty six hours (12,086) of clinical services from FY98 through FY04. Referrals for additional medical and clinical services to individuals currently known to the RCSC program remain steady. In FY 04 there was a decline in the number of people served and the hours of service provided for the year as compared to years past. This decline was due to personnel vacancies that existed within clinical departments, such as physical therapy, speech and occupational therapy. In addition, as the medical needs of NVTC residents have increased and intensified, the capacity to treat off-campus clients has diminished. Lastly, with the transition of the administrative duties and a new database there was some confusion with respect to reporting administrative time, as a result the hours spent managing the paper and the database were under-reported.

Hours of Service and People Served



Clinical services offered include: audiology, behavioral psychology, clinical social work, dental, dermatology, ENT, gastroenterology, gynecology, medical, neurology, nursing (dental pre/post sedation), nutrition, occupational therapy, orthopedics, ophthalmology, pharmacology, physical therapy, psychiatric assistant, psychiatry, podiatry, pulmonology, rehab engineering, speech and language, therapeutic recreation, vocational assessment and wheelchair clinic.

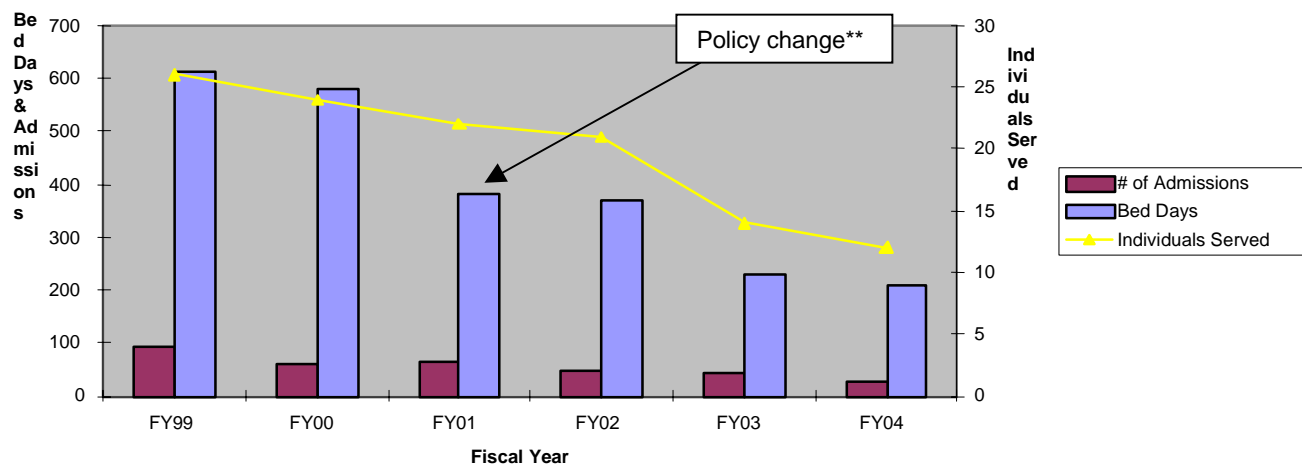
The most frequently requested services are dental, behavioral psychology, psychiatry and therapeutic recreation.

In FY04, to better serve the individuals referred to the RCSC for the services of psychology and psychiatry a relationship has been established between NVTC and the George Mason University (GMU) Center for Cognitive Development and the GMU Psychology Clinic. This relationship provides Dr. Ted Hoch, the NVTC team of psychologists, student interns, and Dr. Mike Sherer, NVTC psychiatrist, with an integrated University treatment option and formal clinic space on the campus of GMU. The students and professionals at GMU provide additional resources to serve this population.

RESPIRE SERVICES

RCSC supports many families in need of respite services. RCSC does not provide respite to individuals residing in group homes or other licensed sites. From FY93 to FY98, NVTC increased respite from 140 to 396 bed days. From FY 99 through the present, NVTC has provided respite to 119 individuals through 338 admissions for a total of 2,384 bed days of service.

Overnight Respite

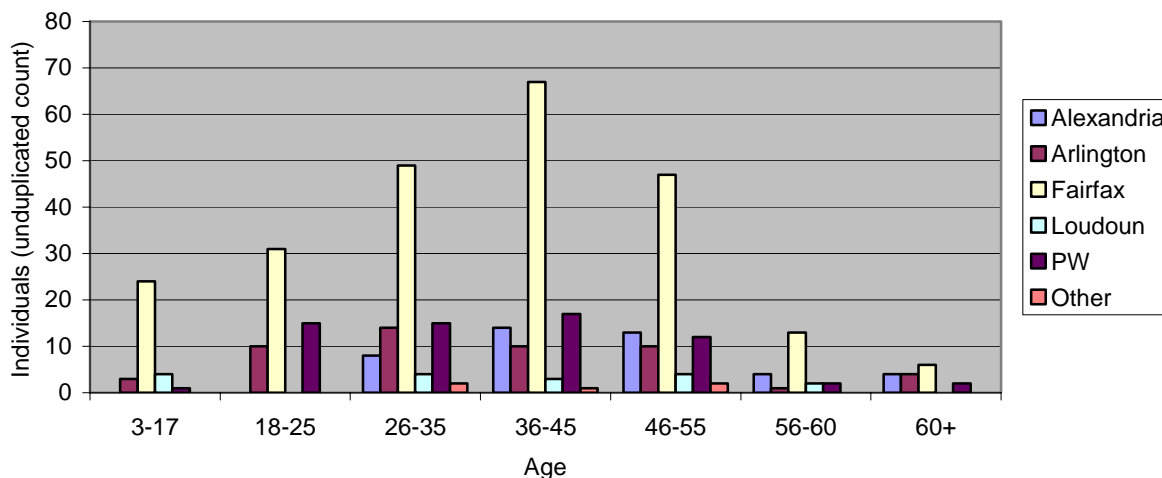


**The decrease in bed days from the previous year is due to State-mandated change in admission policy. Prior to FY01, individuals could stay for a continuous 75-day respite before emergency admission was required; this requirement was reduced to 21 continuous days before emergency admission. Slightly more individuals received respite services in FY 01 as compared to FY 00, but the new policy cap on continuous respite days reduced respite bed days but increased emergency admissions.

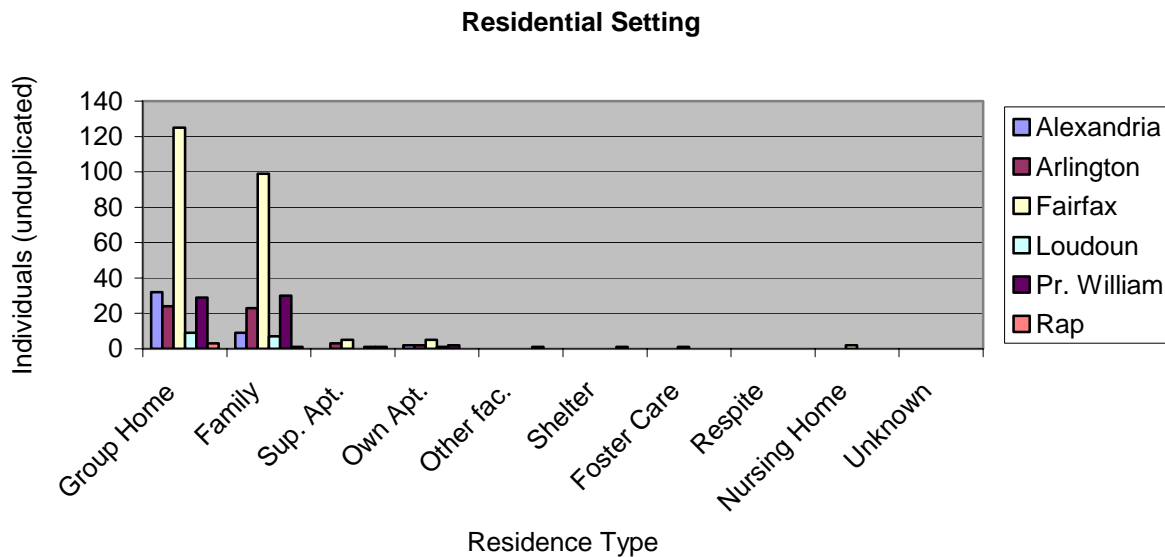
PATIENTS / REFERRAL DEMOGRAPHICS

In FY04 RCSC served people from age 3 through adulthood, the eldest was 74 years of age. The average age of the RCSC patient was 38. In FY04, RCSC served 244 males and 174 females.

Age at Time of Referral per County



Individuals served reside in a variety of settings. The distribution is as follows:



Individuals have access to a variety of sources of payment for healthcare and health related services. Very few individuals referred to RCSC did not have some form of health coverage. Unfortunately Medicaid, Medicare or private health insurance does not cover many of the RCSC services.

	Alexandria	Arlington	Fairfax	Loudoun	Pr. William	Other	TOT
Total with Medicaid	37	32	175	11	54	5	314
Total with Medicare	18	15	71	5	15	1	125
Total with Private Insurance	2	15	76	4	9	0	106
Medicaid Only	22	18	90	7	36	4	177
Medicare only	3	1	12	2	1	0	19
PI Only	0	9	29	3	2	0	43
Medicare & Medicaid	15	10	39	3	12	1	80
Medicaid and PI	2	2	28	1	5	0	38
Medicare and PI	0	0	4	0	2	0	6
Medicaid, Medicare, PI	0	0	11	0	0	0	11
No coverage	1	7	16	1	4	0	29

STUDENT INTERNSHIP / EXTERNSHIP AND PRACTICUM OPPORTUNITIES

The service departments at NVTC trained 354 students from FY99 through the present and the process continues. The Center currently has contracts with 29 institutions of higher learning. Each semester NVTC is the training ground for students of Social Work, Nursing, Speech and Hearing, Psychology, Pharmacology, Neurology, Nutritional Sciences, Occupational Therapy, and Therapeutic Recreation. NVTC clinical departments continue to receive requests to establish contracts with Colleges and Universities across the USA. As the challenges of recruiting and maintaining clinicians, nurses and other health professionals increase, the ability of NVTC service departments to provide as many internship, externship and practicum experiences is also challenged.

Fiscal Year	Students Trained	Number of Regional Universities & Colleges
FY 99	45	20
FY 00	38	21
FY 01	51	23
FY 02	54	28
FY 03	80	29
FY 04	86	29
TOTAL	354	---

STAFF TRAINING

The NVTC Training Department and clinical staff provide education and training opportunities to the staff of community based service organizations that support consumers in the Northern Virginia region. The training provided is designed to help build the infrastructure by increasing the knowledge and experience of care providers to address each individual's complex needs.

During the past 6 years, NVTC has provided 6055 hours of training to 1673 staff.

Fiscal Year	Individuals Trained	Hours of Training
FY 99	348	1817
FY 00	319	1512
FY 01	450	1054
FY 02	196	562
FY03	248	713
FY04	112	397
TOTAL	1673	6055

The decrease in demand for training from the community-based providers can be explained by a number of factors. This past year a coalition of service providers was formed to enhance training availability in the Northern Virginia region. A web site was developed, training courses and registration can be researched on line. As a result of the increased number of sites offering "pre-service" training opportunity, NVTC is used primarily for specialized training topics, such as Nutritional Management Techniques and Physical Management Training. In addition, since many of the NVTC direct care staff secure additional employment with community agencies, the staff are trained by NVTC and this suffices in their community job roles.

ANNUAL COST

The RCSC is funded by a \$350,000 special appropriation from State General Funds, but services are not capped when those funds are depleted as the data indicate below.

- FY99 total cost of services \$285,045
- FY00 total cost of services \$297,005
- FY01 total cost of services \$387,071
- FY02 total cost of services \$430,165
- FY 03 total cost of services \$425,031
- FY04 total cost of services \$356,740

The cost decrease in FY04 seems to correlate with the following organizational changes and challenges:

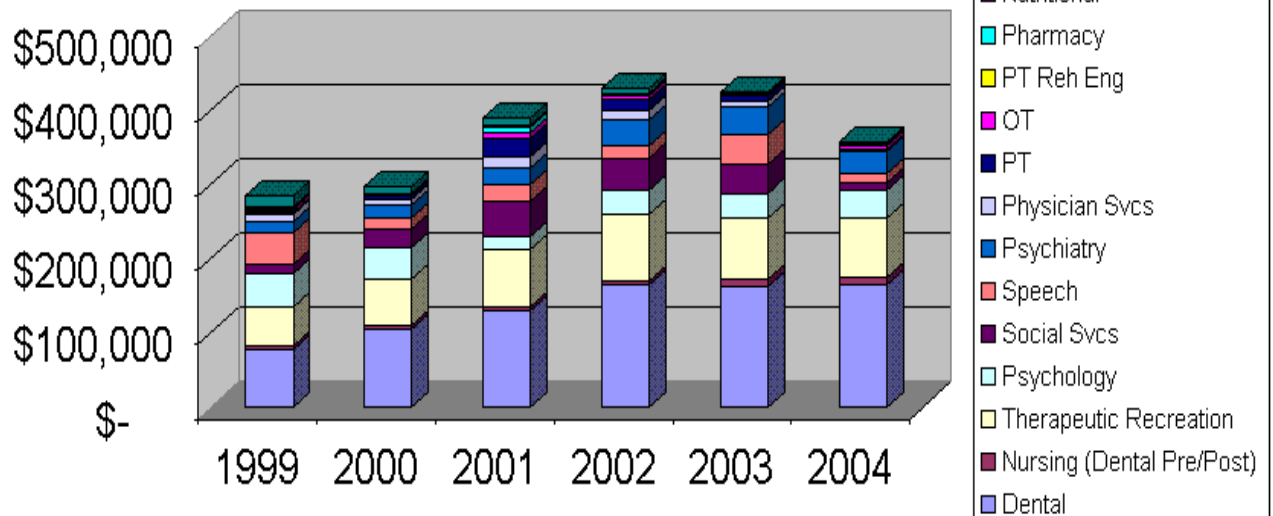
- Clinical Social Work experienced a decrease in services provided, however, many of the administrative tasks that were previously managed by Clinical SW were delegated to an administrative assistant. This administrative time needs to be recorded and reported with better accuracy.
- During this past year NVTC has had numerous position vacancies within the clinical departments. As a result, some clinical service departments were closed to referrals. Community Service Boards are notified of the closures.
- As the medical needs of the NVTC residents have increased and intensified, the capacity to treat off campus clients has diminished. The NVTC physicians have the capacity to see three community clients per month.

CRITICAL NEED FOR RCSC SERVICES

Many people would not get critical services and may not be able to stay in their current residential placements if it were not for the opportunity to obtain RCSC services. RCSC services have proven to be cost effective, have prevented unintended consequences to a very fragile population, and have reduced the risk of hospitalization or institutionalization for many consumers.

The State MHMRSAS Board developed a resolution supporting the RCSC concept and recommended to the Governor that the NVTC RCSC program continue to be funded and that the RCSC model be extended to the other four State training centers. Virginia's Olmstead Plan also contains a recommendation on expanding the RCSC throughout Virginia.

RCSC Services for Fiscal Years 1999-2004



RCSC Appropriation

\$ 250,000 \$250,000 \$ 350,000 \$ 350,000 \$ 350,000 \$ 350,000

<u>Specialty</u>	<u>1999</u>	<u>2000</u>	<u>2001</u>	<u>2002</u>	<u>2003</u>	<u>2004</u>
Dental	\$ 78,697	\$ 105,676	\$ 131,072	\$ 164,271	\$ 161,830	\$ 165,017
Nursing (Dental Pre/Post)	\$ 3,800	\$ 4,912	\$ 4,999	\$ 6,560	\$ 10,393	\$ 10,740
Therapeutic Recreation	\$ 53,778	\$ 62,097	\$ 76,998	\$ 89,607	\$ 82,841	\$ 78,809
Psychology	\$ 43,781	\$ 42,409	\$ 17,181	\$ 32,776	\$ 33,525	\$ 36,613
Social Svcs	\$ 13,025	\$ 25,132	\$ 46,120	\$ 42,614	\$ 39,641	\$ 10,890
Speech	\$ 41,668	\$ 15,895	\$ 23,177	\$ 15,281	\$ 39,476	\$ 12,296
Psychiatry	\$ 15,825	\$ 15,125	\$ 22,450	\$ 36,827	\$ 37,066	\$ 30,036
Physician Svcs	\$ 9,538	\$ 8,578	\$ 15,984	\$ 12,160	\$ 7,520	\$ 2,884
PT	\$ 3,506	\$ 4,632	\$ 23,120	\$ 13,304	\$ 6,430	\$ 931
OT	\$ 2,616	\$ 2,069	\$ 7,458	\$ 5,442	\$ 593	\$ 4,858
PT/Rehab Engineering	\$ 922	\$ 219	\$ 1,922	\$ 3,546	\$ 1,585	\$ 691
Pharmacy	\$ 1,149	\$ -----	\$ 6,686	\$ -----	\$ -----	\$ -----
Nutritional	\$ 394	\$ 1,152	\$ 1,209	\$ 674	\$ 1,165	\$ 939
Training/ Adaptive/Pre-Voc	\$ 1,565	\$ 166	\$ 796	\$ -----	\$ -----	\$ -----
Administration	\$ 14,781	\$ 8,943	\$ 9,899	\$ 7,103	\$ 2,966	\$ 2,036

Total Services Provided \$ 285,045 \$ 297,005 \$ 389,071 \$ 430,165 \$ 425,031 \$ 356,740